

# 2023-2024 Metropolitan Men's Competition Calendar

Dates	Level	Competition Name	Location
Dec. 16-17	3-10	Cold Turkey	Metropolitan Gymnastics
Jan. 6-7	3-10	Washington Open	Seattle, WA
Jan. 18-21	6-10	Houston National Invitational	Houston, TX
Jan. 27-28	3-10	ICF Invitational	Metropolitan Gymnastics
Feb. 10-11	3-10	Top Gun Invitational	Beaverton, OR
Feb. 17-18	3-10	Azarian Team Cup	Aliso Viejo, CA
Feb. 23-25	Qualified Athletes	Elite Team Cup	Louisville, KY
Mar. 15-17	3-10	State Championships	Ridgefield, WA
Apr. 4-7	3-10	Region 2 Championships	Everett, WA
Apr. 26-28	7-9	Western Championships	Chandler, AZ
May 7-12	8-10	Developmental National Championships	Daytona, FL
May 30 - Jun. 2	Qualified Athletes	U.S. Championships	Fort Worth, TX